

This listing of claims will replace all prior versions, and listing of claims in the application:

**Listing of claims:**

5        Claim 1 (currently amended) An orally administrable composition ~~for improving skin quality and prevent or restore age-related alterations of skin in humans or animals, which comprises as an active ingredient comprising~~ an effective amount of at least one of a molecule that stimulates energy metabolism of the cell or an antioxidant ~~or combinatory admixtures thereof~~so as to improve skin quality and prevent age-related alterations in the skin of an animal or human, in an orally acceptable carrier.

10        Claim 2 (currently amended) A composition according to claim 1, wherein said molecule is selected from the group consisting of L-carnitine, creatine, fatty acids (monounsaturated and polyunsaturated, ~~particularly omega-3 fatty acids~~), cardiolipin, nicotinamide ~~or~~ and carbohydrate ~~and natural sources thereof~~.

15        Claim 3 (currently amended) A composition according to claim 1 ~~or 2, in which~~ wherein the antioxidant is a source of a component selected from the group consisting of thiols such as lipoic acid, cysteine, cystine, methionine, S-adenosyl-methionine, taurine, glutathione or natural sources thereof, ~~or~~ a compound that ~~upregulate~~ upregulates their biosynthesis in vivo, ~~or other antioxidants such as~~ vitamin C, vitamin E, carotenoids, ubiquinones, tea catechins, coffee extracts containing polyphenols and/or diterpenes, grape or grape seed extracts rich in  
20        proanthocyanidins, spice extracts, soy extracts and other sources of flavonoids with antioxidant activity ~~or~~ and compounds such as ursodeoxycholic acid, ursolic acid, ginseng and gingenosides and natural sources thereof.

25        Claim 4 (currently amended) A composition according to ~~any of claims claim 1 to 3, which is~~ wherein the composition is selected from the group consisting of a pharmaceutical composition, a nutritionally complete pet food ~~or~~ and a dietary supplement for animal consumption.

      Claim 5 (currently amended) A composition according to ~~any of claims claim 1 to 3, which is~~ wherein the composition is selected from the group consisting of a pharmaceutical

composition, a nutritionally complete human food, ~~or~~ and a dietary supplement for human consumption.

Claim 6 (currently amended) A composition according to ~~any of claims claim 1 to 5,~~  
which stimulates extracellular matrix production, ~~in particular synthesis of glycosaminoglycans~~  
5 that bind interstitial fluid and improve skin turgor.

Claim 7 (currently amended) A composition according to ~~one of claims claim 1 to 6,~~  
~~which comprises~~ comprising at least one of carnitine or and ginkgo extract or antioxidants or  
~~combinatory admixtures thereof.~~

Claim 8 (currently amended) A method for producing a composition for use in  
10 improving skin quality comprising the steps of using ~~Use of~~ a molecule that stimulates energy  
metabolism of the cell, an antioxidant or a combination thereof, for the preparation of an orally  
administrable composition ~~intended to improve skin quality in humans or animals, in particular~~  
skin turgor.

Claim 9 (currently amended) A method for producing a composition for preventing or  
15 restoring skin age-related alternative comprising the steps of using ~~Use of~~ at least one of a  
molecule that stimulates energy metabolism of the cell or an antioxidant or a combination  
thereof, for the preparation of an orally administrable composition ~~intended to prevent or restore~~  
skin age-related alterations in humans or animals.

Claim 10 (currently amended) A method for improving to improve skin quality of  
20 humans or animals, comprising the steps of administering to the individual a therapeutically-  
effective amount of a composition according to one of claims 1 to 6 comprising an effective  
amount of at least one of a molecule that stimulates energy metabolism of the cell or an  
antioxidant or combinatory admixtures thereof so as to improve skin quality and prevent age-  
related alterations in the skin of an animal or human, in an orally acceptable carrier.

Claim 11 (currently amended) A method for preventing or restoring to prevent or  
25 ~~restore~~ skin age-related alterations in humans or animals, comprising the steps of administering

to the individual a therapeutically-effective amount of a composition according to one of claims 1 to 6 comprising an effective amount of at least one of a molecule that stimulates energy metabolism of the cell or an antioxidant or combinatory admixtures thereof so as to improve skin quality and prevent age-related alterations in the skin of an animal or human, in an orally acceptable carrier.

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Claim 12 (new)      A composition according to claim 1, wherein said molecule comprises omega-3 fatty acids.

Claim 13 (new)      A composition according to claim 1, which stimulates synthesis of glycosaminoglycans.